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AND THAT'S JUST FINE WITH WIKILEAKS FOUNDER JULIAN ASSANGE, WHO MARKS ONE YEAR OF SELF-IMPOSED EXILE IN THE ECUADORIAN EMBASSY IN LONDON PAGE 7

Mean street

From the Department of Dubious Honours: London's Wharncliffe Road South cracks the Top 10 list of Ontario's most crumbly, congested, potholey, axle-busting, tire-blowing roads PAGE 3

NEWS WORTH SHARING.

School board gets 'F' for defibrillator stance: EMS

These pads connect to a person's chest and are wired to an automated external defibrillator base unit, which provides a jolt to people in cardiac distress. Middlesex-London EMS superintendent of education Jay Loosley says they could be in every London-area school for free if the school board takes action. SCOTT TAYLOR/METRO

Saving lives. Agency says TVDSB isn't taking advantage of free program

SCOTT TAYLOR
scott.taylor@metronews.ca

Middlesex-London paramedics continue to be frustrated by the Thames Valley District School Board's refusal to have free automated external defibrillators installed in all of its 162 schools.

Through the Ontario Defibrillator Access Initiative with the province and the Heart and Stroke Foundation, EMS can place one in every school at no cost to the board.

In fact, the Catholic school board plans to have one in each school by year's end. The only ones Thames Valley schools are permitted to use cost more than $2,000 apiece.

The issue is one of "consistency," Mike Sereda, executive superintendent of human resources and business services, said in an email.

"Any Thames Valley principal can have a defibrillator installed whenever they feel there is a need at their school," he said. "Our health and safety department has carefully examined the defibrillators on the market and has narrowed the selection down in order to maintain consistency of training and maintenance.

"After all, purchasing a defibrillator is only part of the real cost. The units need to be tested on a regular basis and then we need to make sure we have enough staff trained in the proper use of the equipment."

The caveat is that the school that wants one has to foot the bill itself — and that's a lot of bake sales.

None of this washes with Jay Loosley, Middlesex-London EMS superintendent of education, who has been a tireless crusader for AEDs in all public buildings, as is the case in Alberta.

"All the machines, no matter what kind, no matter what brand, all work the exact same," he said. "You don't need specific training."

The free AED is also the most powerful one on the market for public use, further increasing the odds of survival, Loosley said.

One of the most valuable aspects of the free AED is that it works seamlessly with the machines paramedics use, Loosley said.

"What that means is that when the ambulance arrives, they simply unplug the cables from the school machine and plug them right into the EMS machine."

The seconds that saves, he added, could be the difference between life and death.

That's right, blame Canada

The EU slams Canadian negotiators for holding up trade talks PAGE 8

Low-ticket Tokyo

See a lot in the city for free and save your money for expensive sushi PAGE 13

Hawks still have talons

It'll take more than back-to-back losses to clip the Blackhawks' wings PAGE 16

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'People magnet'

Councillors defer decision on SoHo rezoning

The developers behind two new residential and business towers spoke Tuesday of a "people magnet" expected to create jobs and revitalize SoHo.

But the project didn't attract a decision from city councillors.

Fincore Group has plans for a 26-storey building on the southeast corner of Wellington and South streets with 19 floors of apartments, six for healthcare use and retail on the ground floor. Plans also call for an 18-storey residential building on the southwest corner of Waterloo and South streets and 65 townhouses along South Street.

The project "will encourage new investment in the SoHo community and stabilize and increase property values," Julie Meisner of Fincore told a council committee.

"It will put $25 million to $39 million into the pockets of local London construction workers. It also means a significant number of permanent jobs."

Fred Tranquilli, a lawyer for property owners near the 18-storey tower, pleaded with committee members, asking them not to rezone land for the project.

Mayor Joe Fontana suggested splitting the towers into separate plans so at least one could move forward.

City staff asked for time to seek legal advice, and the committee agreed to return to the issue at a Thursday meeting.

MIKE DONACHIE/METRO

A car makes its way along a not-so-nice portion of Wharncliffe Road on Tuesday. The road's potholes and otherwise bumpy surface brought out some of the most vocal complainers in a CAA survey. MIKE DONACHIE/METRO

London street named among worst in Ont.

Wharncliffe Road South. List drawn up from more than 10,000 public votes

MIKE DONACHIE
mike.donachie@metronews.ca

Crumbling Wharncliffe Road South has been buckling wheels and bouncing buses for quite some time, travellers say.

Now, it has officially earned its spot as the seventh worst road in Ontario, according to CAA.

The auto club released its annual Top 10 Worst Roads in the province on Tuesday, a list drawn up from more than 10,000 public votes during a month-long campaign that saw voters complain about crumbling pavement, potholes and congestion.

"It really is bad," Roy Budansew, 58, said Tuesday as he waited at a Wharncliffe Road bus stop.

So bad, he said, that he can't ride his bike on it.

"You have that little gutter curbway, and if it's full of potholes I'm gonna' bend my rim."

Holly Bagan, 33, agreed things can get a little bumpy along the road. But, she was a tad surprised Wharncliffe had been singled out.

London has plenty of other bumpy roads that make bus journeys tough, she said.

While Bagan and Budansew may brave the stretch, others are avoiding Wharncliffe outright.

"I will take a long route rather than wreck my car with the potholes on Wharncliffe South. What a horrible stretch of road," one woman wrote to CAA.

John Parsons, the city's manager for transportation and roadside operations, said Wharncliffe is a main route with plenty of traffic, especially buses, so it is going to feel the effects.

He said his crews are out patching it regularly and improvements have taken place on roads near it.

Sections of Wharncliffe itself are scheduled for major work in 2015 and 2017, he said.

Top 10

Worst roads in Ontario:

1. Dufferin Street, Toronto
2. Burlington Street East, Hamilton
3. Finch Avenue West, Toronto
4. Kraft Creek Road, Timmins
5. Bayview Avenue, Toronto
6. Lawrence Avenue East, Toronto
7. **Wharncliffe Road South, London**
8. Bouvier Road, Clarence-Rockland
9. Carling Avenue, Ottawa
10. Stanley Avenue, Niagara Falls

Hot pursuit. Cops searching for jewel thief

Police are on the hunt for a man they believe to be responsible for two brazen jewelry thefts on Saturday.

They say the suspect entered a gold and silver store on Oxford Street about 11 a.m. and fled with a necklace he was given to examine.

Three hours later, cops say the same man was in a pawnbroker shop on Wharncliffe Road looking at a tray of necklaces placed on the counter by staff. The man grabbed the tray and ran out of the store with an employee in hot pursuit, but the suspect escaped with the goods.

Video surveillance has led police to believe the same man is responsible for both robberies.

He's described as white, in his early 20s, about five-foot-nine with a medium build and short, blond hair in a faux-hawk cut.

Anyone with information is asked to call 519-661-5670 or Crime Stoppers at 1-800-222-8477. SCOTT TAYLOR/METRO

The alleged jewel thief was captured on a surveillance video. CONTRIBUTED

da Vinci Surgical System. LHSC a training ground for docs from across the globe

Doctors from around the globe are coming to London to get schooled on robotic surgery.

London Health Sciences Centre has been tapped as the training grounds for a surgical robot — dubbed the da Vinci Surgical System.

Three surgeons have already been to the hospital.

Right now, training is focused on urology, gynecology and upper and lower gastrointestinal surgeries.

Training for cardiac, ear, nose and throat surgeries will be added in the future.

METRO

Testimony. Rules required gas-plant emails be wiped: Ex-McGuinty chief of staff

There are dozens of reasons for government employees to delete emails, a top aide to former Ontario premier Dalton McGuinty testified Tuesday at a legislative committee probing the Liberals' $585-million decisions to cancel gas plants in Oakville and Mississauga.

"It's critically important that we talk about what the actual rules are, because there are people on this committee who have suggested that it is never appropriate or OK for any member of the Ontario public service or any political staffer to delete a note, and that is simply false," said Chris Morley, McGuinty's former chief of staff.

Sparring frequently with Progressive Conservatives and New Democrats on the justice committee, a combative Morley said he did not keep all of his records because the rules on transitory records, drafts and working documents told him not to.

The opposition parties accuse the Liberals of destroying emails in an attempt to cover up the true cost of cancelling the gas plants, which the Liberals had claimed was $230 million.

Chris Morley
TORSTAR NEWS SERVICE

Information and privacy commissioner Ann Cavoukian recently concluded that senior Liberals broke the law by deleting email accounts, but Morley told the committee he had "followed the law" in managing his documents while working for the premier. THE CANADIAN PRESS

D'Arsonval Award. Doctor earns highest honours for pioneering MRI research

For once, everyone is looking at Dr. Frank Prato instead of the other way around.

Prato's research is credited with allowing doctors to use magnetic resonance imaging to peek inside every nook and cranny of people's bodies. Before his work, MRIs were used primarily for capturing what's happening in the brain.

Prato was recently honoured with the D'Arsonval Award for his work — the highest honour bestowed by the international Bioelectromagnetics Society in the field of imaging technology.

With the award handed out only 14 times in the past 27 years, Prato has been inducted into an elite group of medical professionals. As if that weren't enough, he is also the first Canadian to earn the award.

Holding leadership positions at St. Joseph's Hospital and the Lawson Health Research Institute, Prato is considered instrumental in acquiring Canada's first whole-body MRI scanner for the institutions. KEVIN HURREN/FOR METRO

Volunteers sought

Pride London looking for helping hands

It's that time of year again.

Pride London Festival will hit downtown from July 20 to 28, and organizers need volunteers to help pull off a big schedule.

Events will be in venues throughout the city with the main outdoor festival running July 26 to 28 in Victoria Park.

For details about getting involved, or a full list of what's planned, go to pridelondon.ca. METRO

App for military, RCMP

Help at your fingertips

The folks at St. Joseph's Parkwood Hospital and Royal Ottawa Mental Health Centre have teamed to develop an app aimed at helping members of the military and RCMP.

Called OSI Connect, the app will help people manage and understand issues such as post-traumatic stress disorder, anxiety, depression and substance abuse stemming from their work.

The app is available for Apple, BlackBerry and Android devices. METRO

Samantha Whiteside goes for a practice swim on Tuesday at Western University's recreation centre. Whiteside, a microbiology student and New Hamburg native, is preparing to swim Lake Ontario as part of a four-member team. SCOTT TAYLOR/METRO

Western student to power through 'empowerment' swim

Relay for a cause.
23-year-old one of five people to swim Lake Ontario this summer

KEVIN HURREN
london@metronews.ca

Western University student Samantha Whiteside has one big thing on her mind these days — warm weather.

Unless the sun stays out, the water in Lake Ontario will remain at about 13 C — a tad chilly for Whiteside and four other marathon swimmers planning to take on the lake July 23.

The team will brave a 305-kilometre swim across the Great Lake, starting in Kingston and finishing five days later in Burlington. The journey has been broken into a relay with each swimmer powering through two-hour intervals.

Whiteside, 23, is no stranger to water. She's been poolside since she turned two years old and was diagnosed with juvenile arthritis.

"I did a lot of water therapy, and when I was cured I just started swimming for a team," Whiteside said.

Since then, the New Hamburg native has completed a number of marathons, many of which were to support the Arthritis Society.

How to help

In addition to sponsors, the Lake Ontario swimmers are looking for 30-foot or Zodiac boats to help with the relay.

- Check out the Facebook page for Because Girls Can or go to becausegirls-can.ca for details.

Money raised during the Lake Ontario swim will go to Plan International's Because I Am a Girl — an initiative dedicated to empowering women through education and solidarity.

Because the Lake Ontario team is all women, the path toward empowerment begins the moment the swimmers hit the water, Whiteside said.

"Each of us has had individual success, and I think this swim is showcasing that individually we're all strong, but look at what we can accomplish if we come together and work as a team," she said.

Coun. Joe Swan CONTRIBUTED

'Prosperity plan' gets underway

Well, it's official.

One of the first steps along city council's path to "prosperity" has been taken.

Coun. Joe Swan ceremoniously handed over $101,980 from city coffers on Tuesday to leaders of a new employment support program.

The money will be used to help match people with jobs and, it is hoped, reduce the city's unemployment rate.

Swan made the presentation as part of a 20th-anniversary celebration for the Employment Sector Council London-Middlesex and London-Middlesex Immigrant Employment Council.

Supporting the employment program is one of five points in council's 10-year, $60-million "prosperity plan."

Other initiatives still in the development phases include prepping industrial land for industrial development, building a performing-arts centre in the core, creating a medical-research fund and redeveloping the London Hydro lands for residential use, commercial use or both.

The plan aims to create jobs by giving the economy an overall boost. METRO

Taxpayer money. Senate cancels pep talk meant to ease tension over scandal

Two speakers hired by the Senate to help motivate senators and staff in the midst of a raging scandal over the abuse of taxpayers' money have had their event cancelled.

Communications consultant Barry McLoughlin and motivational speaker Marc-Andre Morel had been slated to talk about "the enduring value of the Senate and help bring a little perspective to the current situation," according to an invitation that went out o Tuesday morning.

Cost unknown

It was not immediately clear how much the Senate contracted to pay for the speakers.

But after a story by The Canadian Press publicized the event, a number of prominent senators blew a gasket over a lack of consultation in spending more taxpayer money.

THE CANADIAN PRESS

Spies and allies

Canada may have helped spy on G20

Leaked documents suggest Canada helped the U.S. and Britain spy on the London G20 summit four years ago.

Britain's Guardian newspaper says spies monitored the computers and intercepted the phone calls of foreign politicians and officials at two G20 meetings in London in 2009.

The Guardian published PowerPoint slides describing the operation, including one featuring the emblem of the Communications Security Establishment, Canada's electronic eavesdropping agency. THE CANADIAN PRESS

Talks on Syria went better than expected: Harper

Stephen Harper and U.S. President Barack Obama chat Tuesday as they stroll at the Lough Erne resort in Northern Ireland. The prime minister said their talk touched on the Keystone XL pipeline. ADRIAN WYLD/THE CANADIAN PRESS

Summit. But the final G8 statement remains non-committal on Assad, use of chemical weapons

The Group of Eight stopped short of calling for the ouster of Syrian President Bashar Assad in its final statement on Tuesday but did call for a swift end to the bloody civil war and urgent peace talks.

Despite a lack of consensus among the G8, Prime Minister Stephen Harper said the outcome was better than expected.

Tensions have escalated over the past week since the U.S. announced it would supply weapons to the Syrian opposition after it found proof the Assad regime attacked its foes with chemical weapons.

Russia — the only member of the G8 that supports the Assad government — has been highly critical of the move. The Russians also assert that the claims about chemical weapons are based on flimsy evidence.

The rest of the G8 is split over whether the U.S. should arm the rebels, but generally agrees that Assad must go.

The final G8 statement on Syria sought the middle ground. It condemned any use of chemical weapons without admitting any attacks actually happened.

It also called for some sort of transitional government, without explicitly calling for Assad's ouster.

THE CANADIAN PRESS

Shaky agreement

"We have ... a much better outcome than I thought we were going to have. We don't have, as I said, G7 plus one."

Prime Minister Stephen Harper, referring to Russia's dissenting opinion on Syria

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Sculptures come to roost in Toronto

Toronto Mayor Rob Ford stands next to a rooster's head, part of Chinese artist Ai Weiwei's sculpture series Circle of Animals/Zodiac Heads, at city hall during the installation's unveiling on Tuesday. Ford shares the rooster birth sign with the artist. CHRIS YOUNG/THE CANADIAN PRESS

Another Montreal mayor bids adieu amid scandal

Resignation. Vote at city council next week expected to decide replacement until November election

Montreal Mayor Michael Applebaum announces his resignation at a news conference on Tuesday. PAUL CHIASSON/THE CANADIAN PRESS

Montreal has had its second scandal-provoked mayoral resignation in less than a year, with an arrest and criminal charges leading to the departure on Tuesday of its interim city-hall boss.

Replacement mayor Michael Applebaum stepped down a day after he was slapped with 14 criminal charges.

He made the announcement in a two-minute statement at city hall. He did not take questions. Applebaum said he's innocent of the charges against him and will work to prove his innocence.

"I will do everything I can to prove the accusations against me are unfounded," Applebaum said.

He said he hoped someday to regain Montrealers' trust. He conceded that, in the meantime, it would have been implausible to try to continue as mayor.

In making that direct appeal to residents, Applebaum committed a quintessentially Montreal linguistic flub, mixing English and French terms with unintended consequences.

"I would like to tell Montrealers that I love them," he began. "I understand their frustration, their deception and their cynicism with the political climate of the last few years."

The word "deception" has an entirely different meaning in French. In the local franglais patois, however, even native English-speakers such as Applebaum will sometimes use the term incorrectly when they actually mean to say "disappointment."

The mistake was not without irony.

Applebaum spent much of his statement combating the notion that he had deceived Montrealers. Seven months after he took office on a promise to fight corruption, Applebaum insisted he had never participated in illegal schemes and said he had achieved successes in cleaning up city hall.

The charges against him stemmed from alleged acts that occurred from 2006 to 2011, before he became mayor. While police offered few details, they said the charges related to real-estate projects in the west-end borough Applebaum led.

Police said they believe bribes were paid to influence zoning and permit decisions. THE CANADIAN PRESS

Quoted

"I hope you understand that I will put my energy into my defence and my family. This is why I am resigning as mayor of Montreal. It is the responsible thing to do."
Michael Applebaum

Knox acquittal neglected evidence, high court says

Italy's high court on Tuesday harshly faulted the appeals court that acquitted American student Amanda Knox of murdering her roommate, saying its ruling was full of "deficiencies, contradictions and illogical" conclusions. It ordered a new appeals court to consider all the evidence to determine whether Knox helped kill the young woman.

In March, the Court of Cassation overturned Knox's acquittal in the 2007 murder of British roommate Meredith Kercher, 21, and ordered a new trial. On Tuesday, the high court issued its written reasoning for doing so.

The 74-page document picked apart the 2011 appeals-court decision that freed Knox, faulting the judges for ignoring some evidence, considering other evidence insufficiently and undervaluing the fact that Knox had initially accused a man of committing the crime who had nothing to do with it.

At one point, the high court said the appeals sentence "openly collides with objective facts of the case."

Amanda Knox THE ASSOCIATED PRESS FILE

Among the undervalued pieces of evidence was Knox's own statement to police, written in English after her police interrogation, in which she wrote that while she couldn't remember clearly, she had an image of herself in her apartment kitchen with her hands covering her ears to drown out Kercher's screams.

Kercher's body was found in November 2007 in her bedroom of the house she shared with Knox in Perugia. Her throat had been slashed.

Knox, now 25, and her Italian ex-boyfriend, Raffaele Sollecito, 29, were initially convicted of the crime and sentenced to long prison terms. Both denied any involvement, saying they weren't in the apartment at the time.

A young man from Ivory Coast, Rudy Guede, was convicted of the slaying in a separate proceeding and is serving a 16-year sentence. THE ASSOCIATED PRESS

Uncertainty ahead

- Knox left Italy a free woman after her 2011 acquittal, having served nearly four years of a 26-year prison sentence.
- Italian law cannot compel Knox to return for the new trial and her lawyers have said she has no plans to do so. It is unclear what would happen to Knox if a possible conviction from the new trial is upheld on final appeal.
- No date for the new trial has been set.

Photo fallout

Lawson's husband admits assault

Prominent British art collector Charles Saatchi has admitted assault and accepted a police caution after published photos showed him grasping the throat of his wife, celebrity chef Nigella Lawson.

In Tuesday's editions, the London Evening Standard newspaper quoted him as saying that he had approached police to discuss the June 9 incident after seeking legal advice.

"Although Nigella made no complaint I volunteered to go to Charing Cross (police) station and take a police caution after a discussion with my lawyer because I thought it was better than the alternative of this hanging over all of us for months," he told the newspaper.

A photo published in U.K. tabloids showing Nigella Lawson having her throat grabbed by her husband.

Under British law, a caution is a formal warning given to someone who admits the offence. It carries no penalty. THE ASSOCIATED PRESS

Terrorism

U.S. surveillance halted NYSE attack: Officials

The U.S. foiled a plot to bomb the New York Stock Exchange because of the sweeping surveillance programs at the heart of a debate over national security and personal privacy, officials said Tuesday at a rare open hearing on intelligence led by lawmakers sympathetic to the spying.

The House Intelligence Committee hearing provided a venue for officials to defend the once-secret programs. THE ASSOCIATED PRESS

Year in hiding: Assange's life in a single room

Stalemate. Britain has spent nearly $5M in policing costs, and it still won't grant WikiLeaks boss a safe passage out

KIERON MONKS
Metro World News in London

A general view of the Ecuadorian Embassy in Knightsbridge on Monday in London, England. Ecuadorean Foreign Minister Ricardo Patino has stated that WikiLeaks founder Julian Assange is prepared to continue to seek asylum in the Embassy for another five years if necessary, after talks with his U.K. counterpart William Hague failed to progress. JORDAN MANSFIELD/GETTY IMAGES

Inside the gold-framed double doors, the Ecuadorean Embassy of London is a modest apartment with white-painted walls and simple furniture. Not the most fitting residence for a world famous hero, or villain.

But since June 19, 2012, WikiLeaks boss Julian Assange has gone from pioneer to captive, forced into hiding to avoid extradition to Sweden where possible charges on sexual assault await him. The Australian will be arrested if he steps outside the building, so the jet-set lifestyle has been replaced by a single room and his laptop.

DVD box sets of The Twilight Zone and The West Wing keep him company, and an ultraviolet lamp replaces daylight. Assange lives nocturnally according to reports, working until dawn, supported by heavy doses of caffeine.

The 41-year-old has not been forgotten, judging from the crowds outside his window shouting "freedom fighter," and the fact that his generous hosts that have granted him asylum and allowed him to cramp their workplace. Further, celebrity guests from Lady Gaga to Oliver Stone have visited, with British filmmaker Ken Loach donating a treadmill on which the captive runs miles each day.

"He's very robust and seems in good health," friend, visitor and restaurateur Vaughan Smith told Metro, adding that Assange "gets along well with the staff." However, an embassy source confirmed that the experience has been "difficult."

Yet confinement has been put to good use according to acting WikiLeaks chief Kristin Hrafnsson. "The time he saves not travelling is devoted to work and he gets a lot done," Hrafnsson said. "We have had to move the staff around to cover this, but the material is still coming out and our work has not been badly affected."

Quoted

"He's very robust and seems in good health ... (Assange) gets along well with the staff."

Assange's friend, visitor and restaurateur Vaughan Smith

This previously-quiet corner of London has been impacted, however, with a 24-hour police presence that has cost more than £3 million (about $4.7 million) to date. "Most of us are bemused and don't know why he is being protected, and why we are spending so much," local resident Karen Morgan-Thomas told Metro, adding that constant protests have been an irritation.

Yet despite the situation attracting ridicule, it could last "another five years" according to Ecuador's foreign minister Ricardo Patiño, with no diplomatic solution in sight.

Plenty more miles on the treadmill await the lord of leaks.

Angkor Wat complex

Ancient city found in Cambodia

Airborne laser technology has uncovered a network of roadways and canals, illustrating a bustling ancient city linking Cambodia's famed Angkor Wat temple complex.

The discovery was announced late Monday in a peer-reviewed paper released early by the journal Proceedings of the National Academy of Sciences. The laser scanning revealed a previously undocumented, formally planned urban landscape integrating the 1,200-year-old temples.

The Angkor temple complex, Cambodia's top tourist destination, was constructed in the 12th century during the mighty Khmer empire. Angkor Wat is a point of deep pride for Cambodians, appearing on the national flag.

Archaeologists had long suspected that the city of Mahendraparvata lay hidden beneath dense vegetation atop Phnom Kulen mountain in Siem Reap province. THE ASSOCIATED PRESS

Nazi war crimes

Hungary charges ex-Canadian citizen

Hungarian prosecutors on Tuesday charged a 98-year-old former police officer, who was stripped of his Canadian citizenship, with torturing Jews and assisting in their deportation to Nazi death camps.

Laszlo Csatary, who lived for years in Montreal, was chief of an internment camp for 12,000 Jews at a brick factory in Kosice — a Slovak city then part of Hungary — in May 1944, they said. He is accused of beating and whipping his victims, and of refusing to allow ventilation holes to be cut into the walls of a railcar crammed with 80 Jews being deported.

Csatary was initially convicted in absentia for war crimes in Slovakia in 1948 and sentenced to death. He arrived in Halifax the following year, became a Canadian citizen in 1955.

In 1997, Csatary quietly left Canada as authorities prepared to serve him notice of a deportation.
THE ASSOCIATED PRESS

Turkey. 'Standing man' inspires protesters to replicate silent defiance

After weeks of sometimes violent confrontation with police, protesters in Turkey have found what could be a more potent form of resistance: Standing still.

The trend was launched by performance artist Erdem Gunduz, who stood silently for hours in Istanbul's central Taksim Square on Monday night, in passive defiance of Prime Minister Recep Tayyip Erdogan's violent crackdown on environmental protesters.

Gunduz made no announcement before he paused Monday evening in the square and didn't move. He stood with his hands in his pockets, staring at an image of Turkey's founding father Mustafa Kemal Ataturk, whose admiration is rooted in his success in imposing secular values on a largely Muslim nation 90 years ago.

When police arrived an hour later, they searched his pockets and his backpack, then left.

Witnesses began calling him "duran adam" — "standing man." Some joined him in Taksim, while others began doing the same in other Turkish cities. In Ankara, the capital, a woman stood still at the spot where a protester had been killed.

Early Tuesday morning, police intervened and dispersed the crowd around Gunduz, detaining several protesters. It wasn't clear whether Gunduz was among those arrested, though he was free later Tuesday. Later Tuesday, others returned and began silent vigils.
THE ASSOCIATED PRESS

Swift effect

Erdem Gunduz's act, amplified by social media, had a remarkably swift effect on the protests in Turkey.

- Prime Minister Recep Tayyip Erdogan appeared to be seizing the initiative after the government capitalized on sporadic violence to crack down on protests.
- Gunduz's act of non-violence could be harder to deal with, as it could pressure the government to arrest or disperse people who are doing nothing more than standing still.

Erdem Gunduz, seen to the far left wearing a white shirt, and dozens of people stand silently on Taksim Square in Istanbul, early Tuesday. After weeks of sometimes violent confrontation with police, Turkish protesters are using a new form of resistance: Standing silently. THE ASSOCIATED PRESS

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EU slams Canada for holding up trade talks

Northern Ireland. Pressure mounts as U.S. starts negotiations for own deal with EU

Canada has publicly been called on the carpet by the European Union for holding up free-trade talks. EU trade spokesman John Clancy took the unusual step Tuesday of criticizing Canada as the G8 summit in Northern Ireland came to a close.

"We are very close to an agreement," Clancy said in a statement. "The EU has shown pragmatism and flexibility and is ready to take the last steps to achieve a political breakthrough in the negotiations.

"We have been awaiting a similar message from Canada since the trade and agriculture ministers met in Ottawa in early February."

Cranking up the pressure on Canadian negotiators is Monday's announcement that the European Union and the United States are starting their own free-trade talks.

Some have suggested the European negotiators will now turn their attention to the Americans and give short shrift to Canada.

Prime Minister Stephen Harper, speaking to Canadian journalists at the lakeside Lough Erne resort, said there are positives and negatives to negotiating with the Europeans at the same time as the Americas.

"In terms of our own negotiations, I think you could say maybe there are some advantages, maybe there are some disadvantages," Harper said.

"But I don't think it changes the fundamental calculus, which is we should stay at the table until we get a deal that's in the best interests of Canadians. We're not quite there, but we continue to make progress and we continue to be committed to progress."

THE CANADIAN PRESS

What's the beef?

- Among the issues believed to be stalling the talks is duty-free access to European markets for Canadian beef.
- Ireland and France — two major beef producers — are believed to have concerns about the amount of Canadian beef allowed into Europe.
- Canada is said to have balked at the export limit proposed by the Europeans.

Should she be allowed into the EU duty-free? THE CANADIAN PRESS

National Gallery chills out for the summer

People visit Major's Hill Park in view of a giant iceberg installation covering the National Gallery of Canada in Ottawa on Tuesday. The installation, which covers a network of scaffolding being used by crews replacing the panes of glass, is called Iluliaq (Iceberg) and was designed by Greenlandic artisit Inuk Silis Hoegh of Nuuk, Greenland. SEAN KILPATRICK/THE CANADIAN PRESS

Health. Starbucks posts calorie counts at its U.S. stores ahead of new law

Starbucks has a new way to wake up its customers: showing the calories in its drinks.

The Seattle-based coffee chain says it will start posting calorie counts on menu boards across the U.S. next week, ahead of a federal regulation that would require it to do so.

Calorie counts on menus are already required in some parts of the country, including New York City.

But starting June 25, Starbucks Corp. says customers at its more than 11,000 U.S. locations will be able to see that there are 300 calories in a small caramel Frappuccino and 230 calories in a small Iced Caffe Mocha. Pastry cases will also show calorie information. Starbucks Canada is not following suit at this time.

The move comes as the Food and Drug Administration irons out the details of a regulation that would require companies with more than 20 locations to post calorie information on their menus.

THE ASSOCIATED PRESS

More online

- Canadian customers can find calorie counts for Starbucks products at starbucks.ca/menu/nutrition-info

Research. Team develops 'sharp-shooter' drug aimed at several cancers

A Canadian-U.S. team of researchers has developed a new "sharp-shooter" drug they hope will be a breakthrough in treating several types of cancer.

The experimental drug is known for now as CFI-400945 and is a new class of cancer drug that targets a certain enzyme that gives rise to some malignancies.

Those tumours include breast, ovarian, colorectal, pancreatic and prostate cancers.

The researchers have applied to Health Canada and the U.S. FDA to begin testing the drug in patients.

Dr. Tak Mak of the Princess Margaret Cancer Centre in Toronto and Dr. Dennis Slamon of the University of California, Los Angeles, led the teams that developed the drug.

The two world-renowned researchers have spent a decade developing the drug, funded solely by money raised through donations.

THE CANADIAN PRESS

Dr. Tak Mak THE CANADIAN PRESS

Market Minute

DOLLAR 97.94¢ (-0.32¢)

TSX 12,367.46 (+78.56)

OIL $98.44 US (+67¢)

GOLD $1,366.90 US (-$16.20)

Natural gas: $3.90 US (+2¢)
Dow Jones: 15,318.23 (+138.38)

Fast food

Redberry acquires 32 Burger Kings

A private Quebec-based company, Redberry Investments, is acquiring 32 Burger King locations in Ontario from the current franchise holder, expanding on a deal announced in April. THE CANADIAN PRESS

Canadian victory

U.S. court upholds vibrator patent

The U.S. International Trade Commission has upheld a Canadian company's patent for its couples vibrator, banning the import, sale and marketing of all infringing products in the U.S.

But the battle isn't over for Standard Innovation Corp., maker of the We-Vibe. The company is still before the Canadian Federal Court for patent infringement.

Standard Innovation launched the We-Vibe, a vibrator that couples wear during sex, in 2008. In 2011, Lelo Inc. unveiled a similar product called the Tiani, prompting Standard to go to court. THE CANADIAN PRESS

Oil spills

Feds raise offshore liability cap

Ottawa will introduce legislation this fall to raise the liability cap for drilling and production companies operating in Atlantic Canada's offshore to $1 billion, up from the current $30 million. THE CANADIAN PRESS

HERE'S A TIP: DON'T EXPECT ONE?

JUST SAYIN'

Paul Sullivan
metronews.ca

OK, I have a cat here. And I'm going to place it gently among the pigeons, then back away:

Should tipping be banned?

A popular high-end New York restaurant called Sushi Yasuda thinks so, and has done exactly that. Servers are forced to live on their salaries. They also get, like, benefits.

The restaurant's owner says the tipping ban ends the bile-inducing requirement to calculate the tip at the end of the meal, recapturing the serenity of fine Japanese dining.

Just so, grasshopper.

This isn't a trend exactly, but there's also a bit of an outbreak in Chicago where in some restaurants, you pay for the meal before you even begin. Careful not to choke on the appetizer.

Right now, there are overworked and underpaid servers everywhere going WTF? This subject is not even open to negotiation.

Then, just as likely, there are customers who are wondering when the practice of tipping became an obligation under the Geneva Convention, or wherever they issue those must-be-obeyed decrees.

There's even less room to weasel out of tipping these days. Now, the server hovers (anxious, vigilant) over your shoulder as you pay the bill on that portable Wi-Fi Visa machine with its handy tip percentage buttons. I don't know about you, but unless the waiter flambés my dinner companion, I dutifully press the 20 per cent button.

And if he/she does toast my guest, I only leave 15 per cent. You have to take a stand somewhere.

Back in the old days, if you were abandoned altogether somewhere between courses, you could slide a penny under your dish and make your getaway, smug in the knowledge that you failed to put some kid through drama school. But there's no penny button on that infernal machine.

At the New York sushi restaurant, people were so brainwashed that they tried to write in a tip on the bill, even though there was no place to accommodate one. They just didn't get it, until the owners started red-circling the explanation about the tipping ban. Then they got it, and unless they were married to the server, they liked it.

I don't know about a ban, but it might not be a bad idea to restore the idea of the tip as an expression of appreciation for good service. Don't ban tipping; ban the obligation to tip.

Of course, now I've done it. I'll have to eat at home until the heat dies down. Maybe, just to be safe, I'll hire a food taster. Problem is, I'll have to leave a generous tip. Nobody wants an unhappy food taster.

ZOOM

Hi sea lion, nice to 'meat' you

PABLO CERSOSIMO/SOLENT

Pup's close call with killer whale

This fortunate sea lion escaped the jaws of death by a few centimetres after a pod of killer whales (orca) risked beaching themselves while in pursuit of their prey.

The South American sea lion pup and others encountered the predatory mammals as they cruised along the coast of Valdes Peninsula in Argentina. **METRO**

Q and A

Near-death life lesson

PABLO CERSOSIMO
Professional photographer and safari guide, 44, from Buenos Aires, Argentina

It looks like this sea lion is doomed...

This seal survived but others were not so fortunate. But in truth, pups need a couple of these bad experiences to learn that orcas are predators and that they will be part of their menu. When pups are one month old, they start venturing out into the water and at that stage they don't know what an orca is. They don't associate these whales with danger and often stay in the water when the predators show up. It's a life lesson for the pup.

In these hunter-versus-the-hunted scenarios, do you sympathize with one critter over another?

No, I sympathize with both. The orca is one of my favourite animals — it's smart, intelligent and with many respects similar to humans. And I admire the sea lions for their ability to survive against this magnificent predator.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

The value of a good night's sleep has been drilled in our heads since bedtime was at sunset — but knowing to go to bed early is different than falling asleep early. For those who need more than sheep counting, gentle ocean sounds or three fingers of Scotch to help catch some zzzz's, technology is on your side. Pull down the blackout blinds, fluff the pillows and get in bed ... with your phone.

Sleep Time

Pictured at right, this app tracks the time you go to bed, length of deep and light sleep, and eases you into the day with a soothing crescendo alarm that goes off when you're in the lightest phase of sleep. iOS and Android.

Sleep Cycle

Similar to Sleep Time, but for the $0.99 charge you get a "personal notes" section to track your pre-sleep habits (did a 10-kilometre run before bed, ate spicy food for dinner, had a few drinks, etc., etc.). Plus, the app runs in the background so you can cruise Facebook in bed without remembering to reset the alarm. iOS only.

SleepBot

Not only does this free app track your sleep, it also records the noises you make in your sleep (and therefore proving once and for all that you don't snore). Android only.

Letters

RE: Hospital Pool Closure Leaves Heads Swirling In London, published May 3

Dear Metro,

Thank you very much for printing previous letters regarding the closure of this vital and cost-saving program at St. Joseph's. We wish to update the readers and thank Metro for supporting us.

On June 13, the pool patrons were informed by letter, that the St. Joseph's Health Care Community Hydrotherapy Pool closure will be delayed for 10 weeks to Aug. 29.

We appreciate the willingness of the St. Joseph's Health Care Management team to postpone the closure.

We also wish to thank Angela Mullins and John Matisz of Metro for their role in presenting the looming pool closure to its readers. Over 1,300 people signed the petition that was presented to the Ontario legislature. **Carol Brock, London**

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

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Brainless entertainment has zombies taking over the world

World War Z. Filmmakers continue to capitalize by making corpses cool for the next generation of little guys and ghouls, who, in turn, eat it up

IN FOCUS
Richard Crouse
scene@metronews.ca

Zombies are the most recent and most unlikely pop culture heroes.

On TV, the recent Walking Dead finale drew almost 13 million viewers.

At the movies the zom com Warm Bodies made still hearts beat again and outdoor recreation retailer REI even bandwagon jumped with their 13 Essential Tools for Surviving a Zombie Outbreak campaign.

This weekend Brad Pitt battles the undead in World War Z, an action thriller set against the backdrop of a worldwide zombie apocalypse.

The movie has the highest ratio of zombies to humans of any film this year, but don't ask its star why these cannibalistic cadavers are so trendy.

"As for why zombies are so popular," said Pitt, "I really have no idea."

Brad Pitt stars in World War Z but has no idea what makes zombies so appealing to a new movie-going generation.
HANDOUT

Pitt may not be able to out his finger on it, but academics suggest a variety of reasons. Audiences are interested in zombies in times of crisis, when we feel disempowered, says one, while another writer proposes that they offer something more primal — that the zombies represent an example of control over death.

Whatever the reason, filmmakers have been capitalizing on these cool corpses for years. Some, like Night of the Living Dead and Shaun of the Dead are classics, others, like the stranger-than-usual Zombie Honeymoon, aren't.

The grand-ghoul of all weird zombie movies is 1968's Astro Zombies. Starring horror legend John Carradine and cult star Tura Satana, the story of superhuman monsters on a killing spree has inspired two sequels and a song of the same name by the Misfits.

Zombie confusion

"As for why zombies are so popular, I really have no idea."

Brad Pitt
Star of World War Z.

The mockumentary American Zombie's tag line is, "We're Here. We're Dead. Get Used to It!"

Documenting the everyday "lives" of a community of zombies in California, it's a fake undead propaganda film that echoes the struggles of many minorities who have had to fight for human rights.

Fido, a Canadian film starring Billy Connolly and Carrie-Anne Moss, is set in a world where humans won the zombie war and, as victors, have made the undead their domestic servants. Funny rather than scary, this one is worth a look to see the usually motor mouthed Connolly in a fun, shambling and wordless performance.

Strangest of all the non-mainstream zombie movies? Poultrygeist: Night of the Chicken Dead, a movie musical about a fast food chain called American Chicken Bunker whose meals turn diners into chicken zombies. Gross, gory and gratuitous, badmovienight.com called it "one of the sickest, most depraved movies I've ever seen."

Yeezus is a dark, drastic departure for Kanye

What did the music reviewers make of Yeezus, the latest from Kanye West? "There's purpose in repulsion…"

Billboard

Yeezus is a medley of several genres — new wave, punk, rock, and of course hip-hop. Those looking for vintage soul sounds or even full-on raps from start to finish will be thrown several curves here. It's an album with numerous emotional layers as well. There are a few lighthearted moments, and cuts about love along with lust. But mostly, West is just plain mad — angry at naysayers.

Ryan Dombal, Pitchfork

For Kanye, there's purpose in repulsion. And on Yeezus, he trades out smooth soul and anthemic choruses for jarring electro, acid house, and industrial grind while delivering some of his most lewd and heart-crushing tales yet. This is willful provocation that Ice Cube, Madonna, and Trent Reznor could all be proud of.

Ray Rahman, Entertainment Weekly

As for the lyrics? Some of the best examples are unprintable here, but even the most bombastic moments ... underscore a man struggling to come to terms with his place in the world, in his own 'Ye way: On I Am A Godhe raps, "I am a god/Even though I'm a man of God/My whole life in the hands of God.''

Evan Rytlewski, AV Club

Delivered entirely from the gut, it's West's loudest and most impulsive album, especially in its system-shocking opening stretch of gnarled electro and pounding industrial rap. Even by the standards of an artist who reinvents himself with each release, it's a drastic departure.

Snyder takes the shackles off with Superman Unchained

Comics. To mark Man of Steel's diamond anniversary, writer honoured to be part of 'tide of excitement' placing superhero back in the spotlight

SHAUN BRADY
Metro World News in New York City

Scott Synder wrote Superman Unchained. GETTY IMAGES

What do you get for the superhero who has everything? Award-winning short story writer Scott Snyder decided to celebrate Superman's diamond anniversary by writing "the kind of story I would tell if I got just one chance to tell a Superman story."

The result is Superman Unchained, a new series which pits the Man of Steel against a new adversary while reprising many of the characters and places that have been integral to the red-caped icon since his 1938 debut in Action Comics No. 1.

"I wanted it to feel both classic and fresh at the same time," Snyder says. "So you'll see all the things that you love about the Superman mythology, but there will be elements that really shake it up."

Snyder, who has met acclaim with his work on Batman comics in recent years, calls writing for Superman "intimidating." The first issue, featuring art by DC co-publisher Jim Lee, hit stands last Wednesday, the same day as Snyder's latest Batman effort, and coincides with a number of other 75th birthday celebrations — not least of which is the release of the new movie, Man of Steel.

In addition, a new video game and a new online game are being released this year, as well as a new animated movie.

"It's hugely exciting and a very big honour to be part of a tide of excitement this year that's about putting Superman back in the spotlight," Snyder says. "I think even though he's the first and in a lot of ways the greatest superhero, people sometimes take him for granted because he's been there for so long."

Staying Power

Writer's viewpoint. Snyder says that he feels Superman has managed to persist in the popular imagination for three-quarters of a century because "he always stands up for what's right."

Synder adds. "I think there's always a place and a relevance for that. At the core, I think what's made him appealing over all these years is that he represents the best of us. He might be an alien, but he's the most deeply human character in all of comics."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Britney Spears. ALL PHOTOS GETTY IMAGES

If you want to be cool like mommy, don't kiss mommy in public

Britney Spears admits she's starting to feel the sting of her kids getting older, particularly when it comes to her public displays of affection.

"My sons are six and seven, so they're just now getting to the stage of where you can't kiss Mommy in front of your friends and all that kind of stuff," she tells Ryan Seacrest during a call into his radio show.

"They're getting what's cool and what's not."

Ben Affleck

Affleck finding that three's company

While Ben Affleck might have suggested he and Jennifer Garner were up for adding to their family following the arrival of their third child last year, he's apparently changed his tune.

"That's not going to happen," he tells Extra when asked about having a fourth child.

"We're in a really good place. Three is good. That's enough."

The Word

Angelina Jolie comes under fire for health decisions

While Angelina Jolie has received near-universal praise for her decision to undergo a voluntary double mastectomy to prevent developing breast cancer, at least one person isn't impressed.

Cancer survivor Melissa Etheridge says that she has the same faulty gene Jolie has that makes cancer more likely, and she doesn't recommend the course the Oscar-winner took.

"I wouldn't call it a brave choice," she tells the Washington Blade.

"I think actually it's the most fearful choice you can make when confronting anything with cancer."

Jessica Chastain

Zero Dark Thirty star guarding her love life like a state secret

When it comes to her personal life, Jessica Chastain is looking to keep things under wraps — for now, at least.

"Sometimes when someone (in the press) asks me about my dating status, I get really quiet about that because I want to protect it," the Zero Dark Thirty star tells E! News.

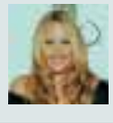
"Seeing all these interviews with actors talking about loves of their lives and then they break up in a year and you're thinking, 'What if something happens and they end up being a total jerk?' Then you forever have these pictures of you standing on the red carpets together."

But all hope is not lost for those looking for some Chastain romance news.

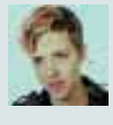
"When I'm engaged someday — who knows to who — I'll probably be more open about it," she says.

Twitter

@ElizabethBanks
We all hate swimsuit shopping, right?



@AmandaBynes
I'm in between nose surgeries! My eyes are black and blue because my nose is broken! I can't wait for my nose to be done! I'll share pics!



@samantharonson
If u don't want me to know about your party please send me an invite via Facebook.

Finding free things in one of the world's most expensive cities may sound impossible. Surprisingly, Tokyo offers a wide range of museums, parks, historical sites and cultural activities for free — good news for budget travellers who want to see a lot and still enjoy expensive sushi.

THE ASSOCIATED PRESS

5 Free things to do in Tokyo

Old and new

Meiji Jingu Shrine is a piece of old Tokyo not to be missed. Boasting the nation's largest wooden "torii" gate, the shrine was built more than 90 years ago to commemorate Emperor Meiji, who reigned as Japan opened to the rest of the world after centuries of isolation. A short walk from the serenity takes you to Harajuku and Omotesando, a Mecca of latest fashion and culture, the district of "cool" new Japan. Walk down the Takeshita street packed with young people looking for the latest "kawaii" (cute) trends.

Japan's legislative home

Parliament, or the National Diet, as it is officially known, stands on a site once occupied by feudal lords and is now home to Japan's legislative headquarters. Completed in 1936, the building with a landmark pyramid-shaped dome houses the two chambers — the more powerful House of Representatives (Lower House) and the House of Councilors (Upper House) — under the Japanese parliamentary system. The Upper House provides a free hour-long tour when the house is not in session.

Tsukiji fish market

Sprawling Tsukiji fish market — the world's biggest — is where those beautiful slices of tuna on your sushi come from. Want to witness the famous tuna auctions? Then get up early and be there by 5 a.m. to queue up for the first 120 viewing slots. If that's too early, you can still spend hours roaming a maze of narrow alley ways, but watch out for the motorized carts whizzing around with ice troughs filled with fish.

Walk to Odaiba Beach

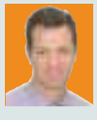
Need to burn calories after eating all the delicious local food, but you're too busy sightseeing? Here is a perfect plan — a scenic walk over the Rainbow Bridge to the reclaimed island of Odaiba out in the Tokyo Bay for a picnic, sunbathing on a man-made beach, or even a jog. The walk is just more than 1.7 kilometres including the 918-metre-long single-span suspension bridge and takes less than an hour one way.

Experience a (fake) quake

Japan is one of the most earthquake-prone countries in the world. This public facility, the Ikebukuro Disaster Prevention Center, run by the Tokyo Fire Department, offers a uniquely Japanese experience that can be educational, a bit scary, but also fun. Visitors can experience a temblor — as violent as the March 2011 disaster that struck northern Japan — in a quake simulator built in a living room set.

Trip tips

Don't languish on your layover



ON THE MOVE
Loren Christie
life@metronews.ca

With the busy summer holiday season upon us, Canadians know that travel delays and long airport layovers can be part of the package. So how do you make the most of that time?

Spend as little time as possible in a line. Check in before arriving at the airport and avoid baggage drop-off lines by bringing only a carry-on piece of luggage. Properly prepare for your security screening. Wear shoes that easily slip off and on, know which sharp objects will literally "not fly" and don't bring liquids more than 100 ml in size.

Scope out potential distractions — eating options, shopping, spa services or even a movie theatre, in advance. Planning out an itinerary for your layover will ensure the time passes quickly. To assist in your search, load up the Gate Guru app on your iPad or iPhone. It lists all the businesses near each gate along with user reviews, pictures and maps from airports around the world, including Toronto, Calgary and Halifax.

If you are not part of an airline loyalty program that provides you access to the oasis that is an airport lounge, consider buying your way in. Plaza Premium Lounges located in Toronto, Edmonton and Vancouver are pay-as-you-go lounges that are not affiliated with a particular airline or class of fare. Enjoy meals, computer access and a place to escape the crowds. Or consider making a pit stop at a hotel connected to your airport terminal. They often offer day-use packages for their gym and spa facilities.

Don't dread the layover — embrace it! ISTOCK

Raw fish, it isn't just for sushi

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Seviche is a seafood dish popular in the coastal regions of the Americas, especially Central and South America.

The dish is typically made from fresh raw fish marinated in citrus juice. Buy the freshest fish possible from a reputable fish store. You can also use white fish such as snapper, tilapia and halibut.

1. In bowl, place scallops, squid, onion, red pepper, tomato, garlic, lime juice, cilantro and oil; stir to combine.

2. Cover and refrigerate for 2 hours to marinate, stirring occasionally. Serve over lettuce-lined plates. **ROSE REISMAN BRINGS HOME LIGHT COOKING (ROBERT ROSE) BY: ROSE REISMAN**

Nutritional analysis

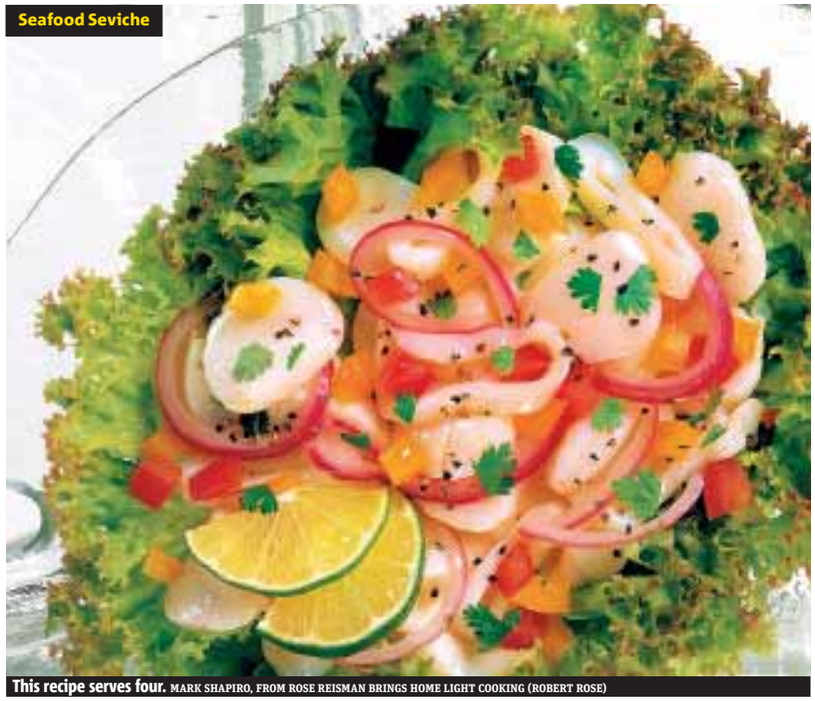
Per serving: 111 calories, 11 g protein, 4 g fat, 7 g carbohydrates, 95 mg sodium, 76 mg cholesterol, 1 g fibre

Ingredients

Prep time: 2 hours (the longer you marinate the better the flavours)

- 1/4 lb scallops or shrimp, sliced
- 1/4 lb squid, sliced
- 1/2 cup finely chopped red onion
- 1/2 cup diced sweet red or yellow pepper
- 1/2 cup diced tomato
- 1 tsp crushed garlic
- 1/4 cup fresh lime or lemon juice
- 2 tbsp chopped fresh cilantro or parsley
- 1 tbsp olive oil
- Lettuce leaves

Seafood Seviche



This recipe serves four. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING (ROBERT ROSE)

Drink of the Week

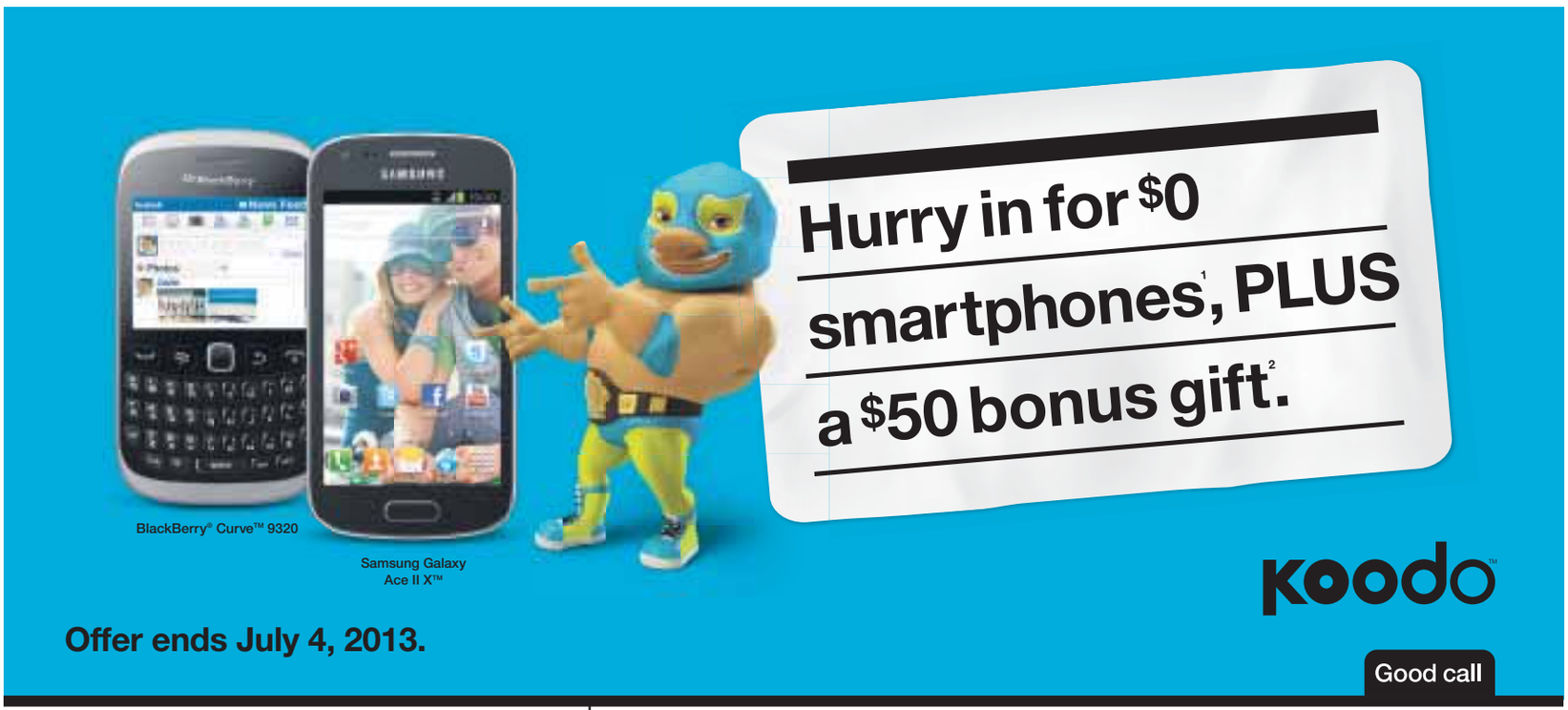
Skinny Swizzle

This low-cal cocktail is diet-friendly but doesn't skimp on flavour with a crisp combination of lime syrup, Angostura bitters and tonic water.

- 1 oz Belvedere Vodka
- 1 oz lime syrup
- Angostura bitters
- Tonic water
- Garnish: lemon, lime and cucumber wheels

Combine vodka with lime syrup, bitters and tonic water. Garnish with lemon, lime and cucumber wheels.

COURTESY OF BELVEDERE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Dufferin Mall
Eastgate Square
Erin Mills Town Centre
Fairview Mall
Fairview Park Mall
Georgian Mall
Heritage Place
Hillcrest Mall
Lambton Mall
Lansdowne Place
Lime Ridge Mall
Lynden Park Mall
Mapleview Shopping Centre
Markville Shopping Centre
Masonville Place
Milton Mall
New Sudbury Centre
Northgate Shopping Centre
Oakville Place
Oshawa Centre
Pen Centre
Pickering Town Centre
The Promenade
Scarborough Town Centre
Seaway Mall
Sheppard Centre
Sheridan Centre
Sherway Gardens
Square One
Station Mall
Stone Road Mall
Tecumseh Mall
Toronto Eaton Centre
Upper Canada Mall
Vaughan Mills
White Oaks Mall
Woodbine Centre
Yorkdale Mall

Exercise your right to stay healthy on the job

Let's get physical. Scheduling in a good sweat between meetings can add some extra muscle to your nine-to-five

MEGHAN GREAVES
TalentEgg.ca

When heading off into the "real-world" as a new grad, you may find it difficult to get everything you want done.

One task that often gets pushed aside is hitting the gym on a regular basis. For most, working out directly before or after work isn't appealing. Who truly wants to wake up an hour early or get home an hour late? Not me.

So, if you're having trouble fitting your work-outs before and after work, when can you? At lunch! For most full-time employees, you'll have an hour-long lunch, which gives you just enough time to get a quick work-out in.

Not sure if it's doable? Read on to learn why it completely is and how to do it!

Get everything in order

"I'd like a half hour workout with a side of shower time and spinach salad please!" — sounds like a little much right? It is possible though with a bit of organization. To do so, pack your work clothes, gym gear and home-made lunch with you all in one bag so it's ready to go. This will make it easy for you to go from one thing to the next smoothly.

Intensity, intensity, intensity

Sometimes less is more! It's completely possible to have a short, intense workout if you plan your workouts before hand. For example; if you're going to the gym three times a week on your lunch break, plan three different workouts for you to rotate through each day you go (on your phone, cue cards, etc). This will allow you to make the most of your gym time by having a game plan all while knowing that you're getting everything in that you need to.

Stay energized

When working out on your lunch break, it's crucial to hydrate and get the proper nutrients. Firstly, working out on an empty stomach isn't healthy. Secondly, you don't want work to be affected. Have a small snack (like yogurt, veggies and hummus, apple slices, etc.) before your workout and eat your lunch after your workout to keep you on your A-game.

Come in a little earlier, leave a little later

When first getting into your lunchtime workout routine, you might take a few extra minutes longer than expected. To ensure that your work isn't being affected, come in a bit early and don't hesitate to stay a bite later than normal. Once you start to get your routine down pat, you should be able to balance everything well.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Your thoughts?

@TalentEgg: #QuestionoftheDay: Do you have a desk job? How do you stay active when you're sitting all day at work?

- **@Joanne4RBC:** A short walk after lunch. Take a break from the computer to rest your eyes. Enjoy some friendly chats with co-workers. Stretch!
- **@Ellie_Khayatian:** stepping away for a quick lunch break, giving your eyes a break. Also, making sure to squeeze in gym time as often as possible!
- **@saraherodrigues:** Lunchtime walks around the building, taking the stairs, plus actually going to people's desks instead of calling/emailing.
- **@CarrieOswald1:** Must look so weird dancing around in my office but I need to move & burn energy. Don't know how anyone could sit still for 8 hrs.

You don't need a gym: If there isn't a gym close to your work, you can still get an effective workout in. Make use of what you have at hand! Go for a run, walk, bike, rollerblade or even bring a yoga mat to a nearby park. ISTOCK

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No offence, but Hawks still in the title hunt

Stanley Cup final. Chicago trails Boston 2-1 in the series with unproductive power play a big concern

There is no panic or frustration. But Chicago Blackhawks coach Joel Quenneville acknowledges his team is in a tough spot going into Game 4 of the Stanley Cup final.

"You lose back-to-back games, it gets your attention," the coach conceded. "We're in a hole right now. We want to make sure (Wednesday) we prioritize the importance of that game and it's a different level."

Down two games to one, the Hawks face a tall order in trying to bring down the Bruins in their own building.

Boston has won seven straight at home and is 8-2 overall at TD Garden in these playoffs, outscoring the opposition 28-17.

At least the Hawks can take solace from their second-round series against Detroit. They trailed the Red Wings three games to one before reeling off three straight wins.

"I think we're in a tough spot," Quenneville acknowledged. "In the Detroit series we found a way to get ourselves to get back into it. That's what we're looking for. (Wednesday) is a very important game, like we have to win (Wednesday) night. Come up with a good result, we're right where we want to be."

Quenneville said he hoped injured star Marian Hossa (upper body) will be back in the lineup. Chicago's co-scoring leader was a late scratch Monday, replaced by Ben Smith

Quenneville was quizzed on why Smith didn't take the warm up if Hossa was a doubtful starter. Eventually he confessed that he did not want to tip his hand that something might be awry with his lineup.

The Chicago coach has other concerns.

His team is getting schooled in the faceoff circle, putting the Hawks constantly on the back foot. Boston won 40 of 56 faceoffs Monday with Patrice Bergeron winning 24 of 28 draws.

Chicago's power play, which was ordinary during the season (ranking 19th with a 16.7 percentage success rate), has been even worse in the playoffs.

Chicago was 0-for-5 with a man advantage in Game 3 and has not scored a power-play goal in its last 20 chances dating to Game 2 of the Western Conference final. The Blackhawks have an 11.3 per cent success rate this post-season (7-for-62), and are only 3.7 per cent on the road (1-for-27).

The Hawks are 0-for-11 with a man advantage against Boston this series.

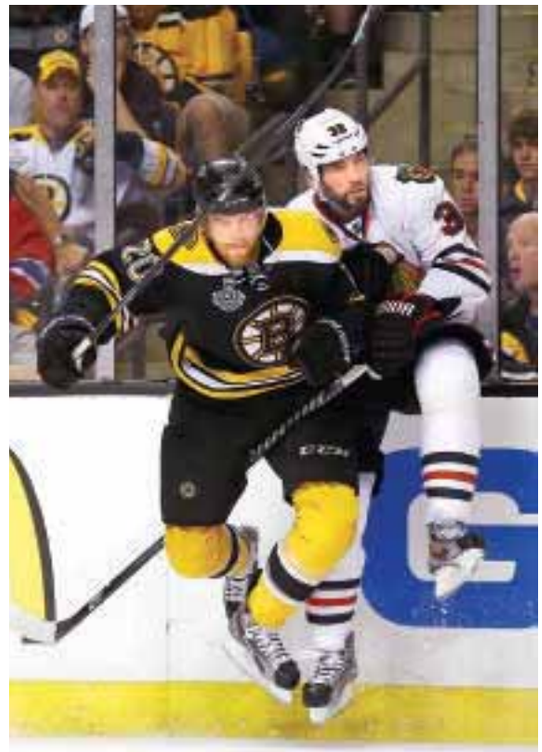
Boston's penalty killing isn't helping matters. The Bruins killed off five power plays Monday night, stretching their successful string to 27 consecutive penalties dating to Game 5 of the Eastern Conference semifinals.

THE CANADIAN PRESS

Numbers favour Bruins

The Bruins are 2-0 when holding a 2-1 series lead in the final. The Blackhawks are 0-3 lifetime when trailing 2-1 in the final.

- "We know they're a good team, tough to play against," said Chicago defenceman Johnny Oduya. "But I think we still feel confident. We know we have to steal a game here and that's what we're looking to do."



The Bruins' Daniel Paille checks Michal Rozsival of the Blackhawks in Game 3 of the Stanley Cup final on Monday in Boston. The Bruins lead the series 2-1. BRUCE BENNETT/GETTY IMAGES

Boston's 3rd line is Chicago's No. 1 enemy

Chris Kelly, Daniel Paille and Tyler Seguin have proved to be a winning combination for the Boston Bruins.

"I'm just a little ticked off that I didn't put them together sooner," Boston coach Claude Julien joked Tuesday.

Julien threw the line together in Game 2 of the Stanley Cup final and it has quickly become a thorn in the side of the Chicago Blackhawks.

Kelly scored to pull Boston even before Paille settled it in overtime. Paille scored the winning goal again in the 2-0 victory Monday, while he and Kelly drew penalties that ultimately led to Patrice Bergeron's insurance goal on the power play.

Julien credited their hard work on the Paille goal Monday.

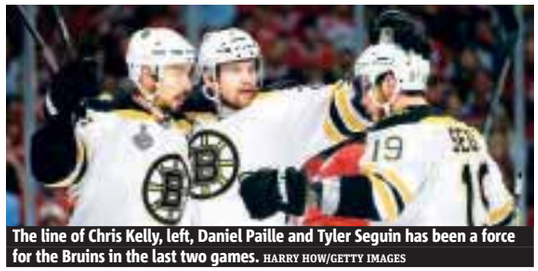
"Great forechecking job forces a turnover. A guy in the open. Once the turnover is there, pass to the slot, good shot. But also staying on top of the puck, we won two battles right after that shot in order to score that goal."

He also pointed to Seguin's maturity.

"What he's realized is that just because you don't score doesn't mean you can't be a good player," said Julien. "He's been a good player because he's competed hard in all areas of the ice."

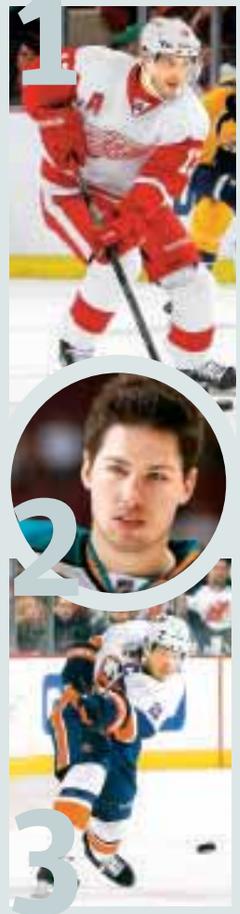
Asked about the Bruins line, Chicago coach Joel Quenneville said in some games the top lines neutralize one another.

"Those (secondary) lines score meaningful goals and have meaningful stretches where they're the difference-makers in the outcomes of games." THE CANADIAN PRESS



The line of Chris Kelly, left, Daniel Paille and Tyler Seguin has been a force for the Bruins in the last two games. HARRY HOW/GETTY IMAGES

Stars get their deals



1 Detroit's dirty dangler. Wings, Datsyuk make 3-year deal

The Detroit Red Wings agreed to a $22.5-million, three-year deal with Pavel Datsyuk. THE ASSOCIATED PRESS

2 Staying in Shark Tank. Couture: Yes way, San Jose

The San Jose Sharks agreed to a contract extension, reported to be for five more seasons, with star centre Logan Couture. THE ASSOCIATED PRESS

3 The Streit goods. Flyers lock up defender

A person familiar with the deal confirms veteran defenceman Mark Streit has agreed to a four-year, $21-million contract with the Philadelphia Flyers. THE ASSOCIATED PRESS

To-Morrow drifting further away for Jays right-hander

MLB. Pitcher suffers forearm setback in single-A game as shortstop Jose Reyes inches closer to return

Toronto Blue Jays right-hander Brandon Morrow has been taken out of rehabilitation after suffering a setback.

Morrow pitched two innings on Monday with single-A Dunedin and gave up five hits and three runs, including a homer.

It was Morrow's first game since leaving after two innings against Atlanta on May 28 with forearm tightness. He is 2-3 with a 5.63 ERA in 10 starts this season with Toronto.

Blue Jays pitcher Brandon Morrow has suffered a setback in his injury rehab. ABELIMAGES/GETTY IMAGES

"His forearm is still bothering him and they're backing him off that rehab," Blue Jays manager John Gibbons said Tuesday. "They're going to re-examine him and see where he's at."

In the meantime Esmil Rogers will continue to start, as will newly-signed veteran Chien-Ming Wang.

Gibbons added that shortstop Jose Reyes was nearing a return after a successful outing in the same game in Dunedin.

Reyes, who suffered a severe ankle sprain in an April 12 game at Kansas City, had two hits and two runs on Monday night against the Tampa Yankees.

He will DH on Tuesday and is expected to play for either double-A New Hampshire or triple-A Buffalo by the end of the week.

THE CANADIAN PRESS

Braves come up short at home vs. Mets

Jason Heyward of the Braves is tagged out on a steal attempt by Omar Quintanilla of the Mets at Turner Field on Tuesday. Matt Harvey pitched six hitless innings, John Buck homered and the Mets held off another Atlanta comeback, beating the Braves 4-3 in the first game of a doubleheader. SCOTT CUNNINGHAM/GETTY IMAGES

MLB

More injury woes in the Bronx

Kevin Youkilis needs back surgery and Mark Teixeira returned to the 15-day disabled list Tuesday with an aching right wrist, the latest injury setbacks for the depleted New York Yankees. THE ASSOCIATED PRESS

Tennis

Venus pulls out of Wimbledon

After 16 consecutive years of always showing up at Wimbledon, winning five titles along the way, Venus Williams pulled out of the Grand Slam tournament on Tuesday, citing a back injury. THE ASSOCIATED PRESS

NBA

Ellis walking away from Milwaukee

Monta Ellis will be an unrestricted free agent July 1 after informing the Milwaukee Bucks he is opting out of his contract. Ellis had an $11 million option for the upcoming season. THE ASSOCIATED PRESS

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DRIVE

The lavish 2014 Lexus IS

ALL PHOTOS WHEELBASEMEDIA.COM

2014 Lexus IS

- **Type.** Four-door, rear- /all-wheel-drive entry-luxury compact sedan
- **Engines (hp).** 2.5-litre DOHC V6 (204); 3.6-litre DOHC V6 (306)
- **Transmissions.** Six-speed automatic; eight-speed automatic (IS 350, RWD)
- **Base price (incl. destination)** $38,000

Design

The latest IS has sharpened its demeanor. In front, the car exhibits a hunkered-down stance, aided by a more aggressive nose and what Lexus calls its "spindle" grille that sticks out from the crowd. Also visible is more defining side sculpting extending along the lower body plus an integrated rear deck spoiler.

The 350 gets an eight-speed automatic transmission

Fuel economy

As expected, fuel economy for the base IS 250 should remain virtually constant at 9.5 l/100 km in the city and 6.5 on the highway and 10.5/7.3 for the IS 350 (all take premium fuel).

Engine

If you're familiar with the previous IS drivetrains, you can skip the next sentence. The IS 250 keeps its 2.5-litre V6 with 204 horsepower and 185 pound-feet of torque, while the IS 350 continues with 306 horsepower and 277 pound-feet of torque emanating from a 3.5-litre V6. Both are carry overs.

Review. OK, no more Mr. Nice Guy; Toyota's luxury brand is here to take down the big guns

MALCOLM GUNN
wheelbasemedia.com

The 2014 IS remains the class rebel of the Lexus fleet, which is great news for those who derive their driving kicks from compact luxury cars that are fleet of foot, strong of character and provide power to either the rear or all four wheels.

The main reason for the IS's existence is to bait BMW 3-series, Audi A4 and Mercedes-Benz C-Class fans into switching teams. Toyota's premium division has learned plenty from its previous two IS generations and now appears to be an even stronger contender with the new-for-2014 version.

The IS, with its 20 per cent stiffer platform, has grown nearly nine centimetres in length, with seven more centimetres between the front and rear wheels, while width and height increase only slightly. Rear-seat riders now benefit with a bit more leg and hip room, which was a drawback on the previous IS.

All passengers will appreciate the more modern-looking cabin that is neatly trimmed out with more centralized controls, touch-sensitive switches and a console-mounted cursor-type knob for selecting various infotainment choices.

Of particular note is that the back seat is now a 60:40 split-folding affair (doesn't nearly every car already offer this feature?), which increases the car's stowage capacity. The rear and all-wheel-drive IS 250 and all-wheel-drive 350 employ six-speed automatic transmissions. An eight-speed automatic is standard when the rear-wheel-drive IS 350 is selected. All-wheel-drive, which is a $3,800 option, splits the torque 50:50 (front/rear) in normal driving situations, but will transfer up to 70 per cent to the rear when wheel slippage is detected.

The IS has Drive Mode Select throttle and transmission programming, with ECO, NORMAL and SPORT S modes for rear-wheel-drive models, plus a SNOW mode for AWD-equipped cars. Additionally, the returning F SPORT package that's optional on all IS 250 and 350 cars also has a SPORT S+ setting that firms up the suspension for more aggressive driving.

The cabin interior is modern, subtle and equipped with an infotainment knob

With an estimated starting price of about $38,000 for the 250 and $48,000 for the 350, including destination charges, the Lexus duo offers an array of standard equipment, but most buyers will likely opt for one or more of the option groups that upgrade the car to full-on luxury status. They include, among others, a navigation system with backup camera, premium Mark Levinson-brand audio package, heated and cooled seats and a wood-trimmed interior.

Make no mistake, the 2014 IS is now more of a match for the competition. It also strengthens Lexus's position as a purveyor of vehicles with plenty of passion along with prestige.

Compare

1 BMW 3-series
Base price: $37,400

2 Cadillac ATS
Base price: $34,000

3 Audi A4
Base price: $34,000

Horoscopes

♈ Aries
March 21 - April 20
Create something wonderful today. This can be one of the most productive times of the year for you, so get serious and get busy working on something that makes your world, and the world at large, a better place.

♉ Taurus
April 21 - May 21
Whatever problems you may have with a relationship, you won't work it out by trying to force the other person to conform to your way of thinking. Try seeing things from their point of view .

♊ Gemini
May 22 - June 21
The Sun's link to Jupiter in your sign today will help you to express yourself freely. It will also help you to get over some kind of falling out you had with a loved one.

♋ Cancer
June 22 - July 23
Focus on the realities of your everyday situation and avoid any and all forms of wishful thinking. Above all, don't let others' negativity blind you. Life is a garden of delights but too few people see it that way.

♌ Leo
July 24 - Aug. 23
You will come out on top today, especially if you focus on things you are good at, things you really enjoy. You will enjoy them more if some people say you should not be doing them.

♍ Virgo
Aug. 24 - Sept. 23
Moderation is a must today, especially if you are one of those Virgos who tends to get carried away when they find something they really enjoy.

♎ Libra
Sept. 24 - Oct. 23
The Sun close to Jupiter in one of the best areas of your chart means you will have a thoroughly good day. Do a bit of travelling, even if it's only to the corner store and back.

♏ Scorpio
Oct. 24 - Nov. 22
Your taste for the good things in life could lead to you spend too much today but in the greater scheme of things, it's no big deal. Retail therapy could in fact be just what you need to cheer you up.

♐ Sagittarius
Nov. 23 - Dec. 21
Jupiter, your ruler, links with the Sun in the partnership area of your chart today, making it easier for you to compromise with people you don't always see eye-to-eye with. Don't compromise too much though.

♑ Capricorn
Dec. 22 - Jan. 20
Don't limit the goods deeds you do to people you know. Help those you encounter in daily life too, even if they are total strangers. Your generosity will have a knock-on affect that touches so many lives.

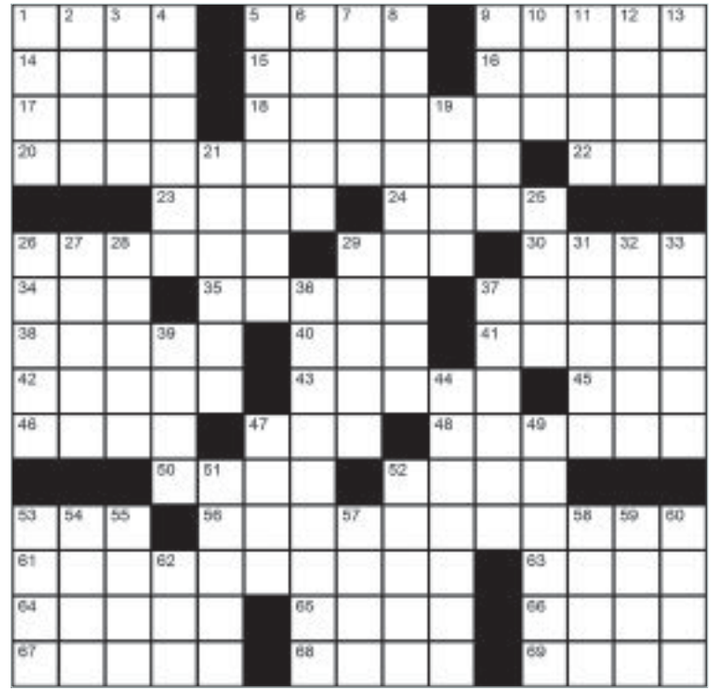
♒ Aquarius
Jan. 21 - Feb. 19
Life is good and getting better by the hour, the day, the minute. Creatively and romantically you are in such a positive mood that you attract people and situations that bring thrills aplenty. Lucky you.

♓ Pisces
Feb. 20 - March 20
At home and work, people will want to do things for you today, and if you are smart you will let them. You'll feel good about it, they'll feel good about it. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

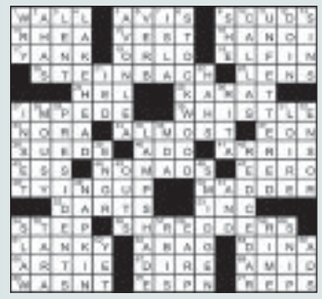
BY KELLY ANN BUCHANAN



Across
1. Not hungry anymore
5. Bully in "Back to the Future" (1985)
9. University in St. Catharines, ON
14. Moulding type
15. Crown for Carrie
16. Adversary
17. Actor Mr. Bates
18. Driveway emporium: 2 wds.
20. Summertime in The Arctic: Land of the __: 2 wds.
22. Author, Harper __
23. Early afternoon, __'clock
24. Letters before :// www
26. Uses a charge card
29. Speech-maker's stumbles
30. God
34. That guy
35. "__ __ humid out." (Weather complaint)
37. Less
38. Go __ for the ride
40. Bathroom feature
41. Employee's request
42. "I also want that!": 2 wds.
43. Director Mr. Hallstrom
45. Thwarter's word
46. Eve's environment
47. Mr. Bachman
48. Nova Scotia attraction, __ Cove
50. Hawaiian island
52. Roadie's gig
53. Surnamesakes of Canadian actress Sandra
56. Social event open to the public that's hosted annually by the Lieutenant Governor of Nova Scotia: 2 wds.
61. What convenience stores are called in Quebec
63. Canadian __ (Chain store)
64. Canadian rapper/actor
65. Roman emperor
66. David Bowie's supermodel wife
67. Actress Ms. Rue's
68. Czar's other spelling
69. Snake sorts

Down
1. Fizz
2. Sort of fruit
3. Guide
4. McCartney's co-songwriter
5. Larger than the rest
6. American state
7. __ Simpson, NWT
8. Sudden shows-in-public-places groups: 2 wds.
9. Actor Mr. Spiner
10. '_' __ for Regina
11. Long circle
12. Singer/songwriter JJ
13. Emily Carr book, __ Wyck
19. Gumption
21. Canadian bookstore
25. Request
26. Disgrace
27. Stacked
28. Play it up in theatre
29. Regular
31. Behind, as per debt
32. Articulate again
33. Squirrel nests
36. Louis __. __ (Canada's 12th PM, from 1948 to 1957)
37. Make available: 2 wds.
39. Faux pas
44. Support a walk-a-thon
47. Larger __ life
49. Canadian coins: D.G. Regina = Dei __ Regina (By the grace of God, the Queen)
51. Meg Tilly flick, "__ of God" (1985)
52. Earth
53. "Someone Who's Cool" band from Vancouver
54. Greek Myth: Olympian queen
55. Fight
57. Club member fees
58. Eyeglasses parts
59. Catch
60. Cravings
62. Alias acronym

Yesterday's Crossword



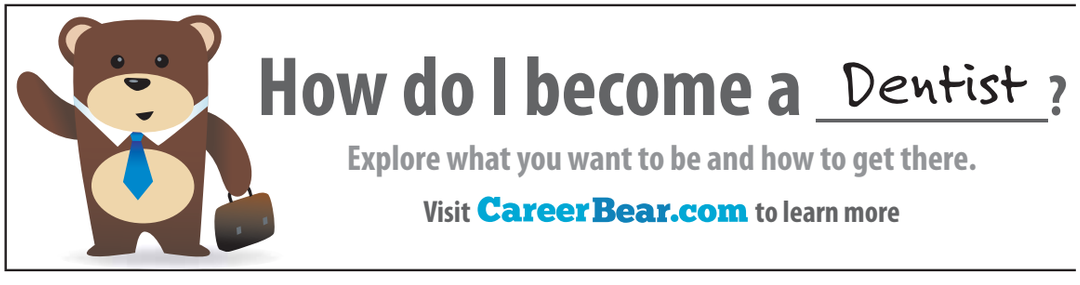
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4		7		3		8	
	6	8				1	3	
3								5
		1	2	7	9	8		
		2	3	4	1	6		
9								6
	1	4				7	2	
	8		1		5		9	

Yesterday's Sudoku

4	7	1	6	9	3	8	5	2
8	9	6	5	2	1	3	4	7
2	5	3	4	8	7	6	1	9
1	8	4	7	6	2	9	3	5
6	2	9	3	5	8	1	7	4
5	3	7	1	4	9	2	8	6
7	6	2	8	3	5	4	9	1
9	1	8	2	7	4	5	6	3
3	4	5	9	1	6	7	2	8



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OR

$0 DOWN LEASE OR FINANCE/ OAC

FINANCE BI-WEEKLY FOR ONLY

$150@1.99% APR

FOR 84 MONTHS[†]. $27,765 SELLING PRICE INCLUDES FREIGHT, PDI, LEVIES AND OMVIC FEE. EXCLUDES LICENSE AND HST.

ALL-NEW 2013 ACCORD LX

LEASE BI-WEEKLY FOR ONLY

$144@3.99% APR

FOR 60 MONTHS[Ω] WITH $0 SECURITY DEPOSIT.

OR

$0 DOWN LEASE OR FINANCE/ OAC

FINANCE BI-WEEKLY FOR ONLY

$151@3.99% APR

FOR 84 MONTHS[†]. $25,765 SELLING PRICE INCLUDES FREIGHT, PDI, LEVIES AND OMVIC FEE. EXCLUDES LICENSE AND HST.

MODEL CR2E3DE

2013 CANADIAN CAR OF THE YEAR

BI-WEEKLY LEASE ONLY AVAILABLE ON 48 & 60 MONTH TERMS*

OR CHECK OUT THESE OTHER DEALS

LEASE OR FINANCE STARTING FROM **0.99% APR** ON SELECT 2013 HONDA MODELS. LEASE FOR 24 MONTHS[#] OR FINANCE UP TO 48 MONTHS.[^]

OR GET UP TO **$4000**[◆] CASH INCENTIVES ON OTHER SELECT 2013 HONDA MODELS.

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Honda Indy TORONTO

2INTO. JULY 12-14, 2013 2 INDYCAR RACES, 1 WEEKEND.

HONDA

[Ω]Limited time lease offers on any new 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) models available through Honda Financial Services Inc., on approved credit. Representative bi-weekly lease examples: based on a 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) on a 60 // 60 // 60 month term with 130 // 130 // 130 bi-weekly payments at 2.99% // 1.99% // 3.99% lease APR and $0 // $0 // $200 customer incentive and $354 // $0 // $0 individual dealer contribution deducted from the negotiated selling price before taxes (customer incentive and dealer contribution can be combined with subvented rates of interest offered by Honda as part of a low rate interest program). The bi-weekly payment is $88 // $140.66 // $143.42 [includes $1,495 // $1,640 // $1,640 freight and PDI, EHF tires ($29), EHF filters ($1), A/C tax ($100 except Civic DX), and OMVIC fee ($5)] with $0 // $0 // $0 down payment or equivalent trade-in, $0 security deposit and first bi-weekly payment due at lease inception. Total lease obligation is $11,440 // $18,285.80 // $18,644.60. 120,000 // 120,000 // 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. [†]Receive 1.99% // 1.99% // 3.99% purchase financing on any new 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) models for a maximum of 84 // 84 // 84 months available through Honda Financial Services Inc. (HFS), on approved credit. Representative bi-weekly finance examples: based on a 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) models on an 84 // 84 // 84 month term at 1.99% // 1.99% // 3.99% APR and $1,600 // $2,395 // $1,750 Finance incentive and $0 // $0 // $200 customer incentive and $431 // $0 // $0 individual dealer contribution deducted from the negotiated selling price before taxes. Finance incentive applies only to Finance contracts through HFS. Finance incentive, customer incentive and individual dealer contribution can be combined with subvented rates of interest offered by Honda as part of a low rate interest program. Complete price of $16,970 // $27,765 // $25,765 [includes $1,495 // $1,640 // $1,640 freight and PDI, EHF tires ($29), EHF filters ($1), A/C tax ($100 except Civic DX), and OMVIC fee ($5). Excludes taxes, license, insurance, and registration]. Cost of borrowing is $1,077.28 // $1,829.20 // $3,519.44 for a total finance obligation of $16,016.28 // $27,199.20 // $27,334.44. $0 // $0 // $0 down payment required based on approved credit from Honda Financial Services Inc. [#]Limited time 0.99% APR lease offers on a new 2013 Honda Fit DX (Model GE8G2DEX) // 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) for a maximum of 24 // 24 // 24 // 36 months available through Honda Financial Services Inc., on approved credit. Representative lease example: based on a 2013 Honda CR-V LX 2WD (Model RM3H3DES) on a 24 month term at 0.99% lease APR, the monthly payment is $471.21 [includes $1,640 freight and PDI, EHF tires ($29), EHF filters ($1), A/C tax ($100), and OMVIC fee ($5)] with $0 down payment or equivalent trade-in, $0 security deposit and first monthly payment due at lease inception. Total lease obligation is $11,309.04. 48,000-kilometre allowance; charge of $0.12/km for excess kilometres. [^]Receive 0.99% purchase financing on any new 2013 Honda Fit DX (Model GE8G2DEX) // 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) models for a maximum of 24 // 48 // 24 // 48 months available through Honda Financial Services Inc., on approved credit. Representative finance example: based on a 2013 Honda CR-V LX 2WD (Model RM3H3DES) on a 48 month term at 0.99% APR and complete price of $27,765 [includes $1,640 freight and PDI, EHF tires ($29), EHF filters ($1), A/C tax ($100) and OMVIC fee ($5). Excludes taxes, license, insurance, and registration], the monthly payment is $590.20. Cost of borrowing is $564.60 for a total finance obligation of $28,329.60. Down payment or equivalent trade-in on purchase financing offers may be required based on approved credit from Honda Financial Services Inc. *Bi-weekly lease available on all 2013 Honda models on 48 and 60-month terms only. •$4,000 // $4,000 // $3,000 // $2,500 // $2,000 // $1,500 // $1,000 // $500 customer cash incentive is valid on any new 2013 Honda Pilot // 2013 Honda Odyssey // 2013 Honda Ridgeline // 2013 Honda CR-V (except LX 2WD, model RM3H3DES) // 2013 Honda Crosstour // 2013 Honda Accord Coupe and Sedan (except LX Sedan 6MT, model CR2E3DE) // 2013 Civic Coupe and Sedan (except DX Sedan, model FB2E2DEX) // 2013 Honda Fit (except DX, model GE8G2DEX) models when registered and delivered between June 1 and July 1, 2013. Cash incentive is available for all Honda retail customers except customers who lease or finance through Honda Financial Services Inc. at a subvented rate of interest offered by Honda as part of a low rate interest program. All advertised lease and finance rates are special rates. Cash incentive will be deducted from the negotiated price before taxes. For all offers: license, insurance, PPSA, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may sell/lease for less. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. ••Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2012.